

Diabetes

Type II diabetes, once very rare in people under the age of 50, is now becoming a serious health problem in young people. To address diabetes' rising prevalence in South Carolina and the nation, BRFSS respondents were asked if they had ever been told they had diabetes. Those who reported that they had diabetes were asked to describe how they take care of themselves.

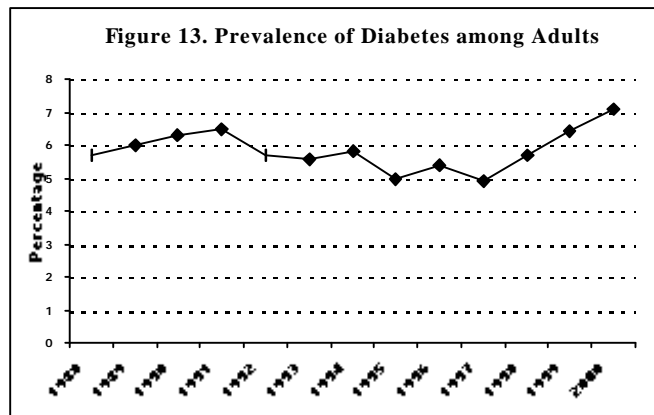
Diagnosed with Diabetes

BRFSS trend data shows that diabetes is becoming more prevalent within the population. In 1988, BRFSS data indicated that slightly less than 6 percent of the overall population reported having diabetes. By 2000, the prevalence had increased to 7 percent; however, in 1995 and 1997, only 5 percent of the overall population said that they were diabetic.

According to BRFSS data, about 7 percent of adult South Carolinians have diabetes mellitus. BRFSS data suggests, however, that blacks of either gender are twice as likely to have diabetes. Of all race-gender groups, black females are most at risk for developing the disease; slightly more than 12 percent of black females surveyed reported that they had been told they were diabetic. About 11 percent of black males said that they had diabetes, while only 6.6 percent of white males and 5 percent of white females reported having the disease.

Diabetes Self-Care

BRFSS findings indicate that many people with diabetes are not performing self-care adequately. Roughly 14 percent of people with diabetes reported that they never check their blood glucose, and 70 percent claimed to check their glucose sometimes, but not every day. Only 25 percent of people with diabetes reported that they had ever heard of hemoglobin A1/C, and only 8 percent said that they had their hemoglobin A1/C checked more than four times in the previous year. People with diabetes are doing better with eye and foot care. Recent BRFSS data shows that 98 percent of people with diabetes are having their eyes examined every year. The BRFSS data also indicates that the majority of people with diabetes have their feet checked at each medical visit.

**Table 13. Prevalence of Diabetes, 2000**

	%	95% CI	
Overall	7.1	6.0	8.1
Sex			
Male	7.3	5.7	8.9
Female	7.0	5.7	8.3
Race			
White	5.8	4.8	6.8
Black	11.7	8.9	14.5
Race and Sex			
White Male	6.6	4.9	8.2
White Female	5.1	3.9	6.3
Black Male	11.0	6.5	15.4
Black Female	12.3	8.7	15.9
Age			
18-24	0.9	0.0	1.9
25-34	1.1	0.0	2.2
35-44	3.3	1.9	4.7
45-54	11.2	8.2	14.2
55-64	12.7	9.1	16.4
65 +	15.5	11.9	19.1
Education			
<High School	12.7	9.0	16.4
HS graduate	8.5	6.5	10.4
Some College	4.9	3.4	6.5
College graduate	4.6	3.0	6.2
House Hold Income			
<\$25,000	11.6	9.1	14.1
\$25,000-\$49,999	5.9	4.3	7.5
\$50,000-\$74,999	3.0	1.3	4.8
\$75,000+	2.1	0.3	3.8
Employment			
Employed	4.0	3.1	4.9
Unemployed	5.7	0.5	10.9
Others	12.4	9.8	15.1
Unable to work	22.5	14.9	30.1